

# Nitroglycerin Sublingual Tablets

## Important Reminder About the Tablets

Sublingual means “under the tongue.” When taking a sublingual nitroglycerin tablet, always place it under your tongue and let it dissolve. **Never chew, crush, or swallow the tablet.**

## When You Need To Take Nitroglycerin Tablet(s)

The following are signs or symptoms that you need to take nitroglycerin tablet(s):

- chest pain, tightness or pressure for more than a few minutes
- pain or discomfort in other areas of your upper body, such as arms, back, neck, jaw, midchest, shoulders, elbows or fingers
- unexplained nausea/heartburn.

Angina (chest pain) symptoms you have had in the past:

- shortness of breath, lightheadedness, unusual fatigue (tiredness) or breaking out in a cold sweat.

## How To Take Nitroglycerin Tablet(s)

If you feel symptoms of angina (as listed above), follow these steps unless your health care provider has given you other instructions:

- Take one nitroglycerin tablet. Sit for 5 minutes.
- If the angina goes away, rest for a while, then continue your normal routine.

- **If the angina does not go away or gets worse, call 911 right away. Do not delay. Do not drive yourself to a hospital emergency room or urgent care.**

If you become dizzy or feel faint while sitting during an episode of chest pain, take several deep breaths and lie down with your feet or legs raised.

After using a dose of nitroglycerin you may get a headache that lasts for a short time — this is a common side effect. If this continues, or if the headaches are severe, check with your doctor.

## How To Store Nitroglycerin Tablets

Always store nitroglycerin properly in order for it to keep its strength.

- Keep nitroglycerin tablets in the original amber-colored glass bottle in a cool, dark, dry place.
- It is important to replace your nitroglycerin tablets 6 months after the bottle is opened — even if there are still some tablets left. Nitroglycerin tablets that are more than 6 months old may not help you.
- Never place other medicines, even over-the-counter medicines, in the same container with the nitroglycerin tablets.